

Girl Scouts – Diamonds of Arkansas, Oklahoma and Texas

NO BULLIES PATCH ~~ Daisy Girl Scout

Bullying starts in preschool, seems to peak during the middle school years, and declines during high school. Except for hazing, we don't hear much about bullying in colleges and universities. We do hear about abusive spouses and workplace bullies, however, which underscores the fact that bullying is a learned behavior that must be unlearned. Bullies don't just grow up and grow out of it. They must be taught better ways of relating to others.



That's where you come in. As a Girl Scout leader, you have witnessed the bullying yourself, or you've heard the reports or rumors. You believe that young people have the right to feel safe, secure, accepted, and valued at school and at youth activities, free from teasing, name-calling, harassment, threats, intimidation, violence, and fear.

By helping the girls in your troop participate in the following activities you are promoting intervention and prevention. It's not enough to stop the bullying that's already happening; we also need to keep students who aren't yet bullies or victims from starting down that road. We hope the activities listed below will help you have a fun and worry free year of Girl Scouting.

NO BULLIES - PATCH ACTIVITIES

Daisy Girl Scouts must complete three of the following activities to earn the NO BULLIES patch. Activity #1 is required.

1. What is a Bully? Ask the girls to brainstorm what they think until all ideas are exhausted. Moms can give their ideas, too.
Share the following definition: Bullying is when a stronger person hurts or frightens a smaller or weaker person on purpose and over and over.

Do you know a bully, how do they act?

True or False?

- ✓ 1. True
- ✓ 2. False
- ✓ 3. False
- ✓ 4. True

2. Complete the "No Bullies" true or false worksheet. You may do the worksheet as a group activity, or reproduce it for each girl to have her own copy.

3. Sister Circle. Girls sit in a circle and one girl is chosen to sit in the middle. All girls in the circle take turns telling the girl in the center what they like about her. (For example: Big smile, sense of humor, great shoes, it doesn't matter as long as it is a positive statement.) Keep going until all girls have a turn in the middle.





4. As a group, set Troop Rules for behavior. Make a poster and display it at every troop meeting.

Rules should be:

- * Created with girl input
- * Easy to understand
- * Specific
- * Short and simple
- * Agreed upon and accepted by everyone
- * Enforceable
- * Enforced consistently and fairly

- * Communicated to and supported by parents and leaders
- * Reviewed periodically and updated when needed

5. Be a good friend.

- * Make a greeting card to give to someone in your troop that you don't know very well.
- * Play "Girl Scout to Girl Scout" and be a partner to every girl in the troop at least once. (See below)
- * Be a buddy to someone new at each meeting.



7.. Each girl should take the Girl Scout "No Bullies" Pledge and display completed pledges around your troop rules poster to remind everyone that bullies don't have a place in your troop.



Girl Scout to Girl Scout

All girls should choose a partner (if there is one left over, a group of three can exist adding challenge to the game.) The adult calls out positions for girls, for example, elbow to elbow, knee to knee, back to back, toe to toe, and any other crazy thing you can think of. After several calls, the leader should call out Girl Scout to Girl Scout and the girls will change partners. Continue the game until the girls have had a chance to be partners with all the girls.

These activities are from *The Bully Free Classroom* by Allan L. Beane, Ph.D. and used with permission.

NO BULLIES
True or False?

- | | | |
|--|---|---|
| 1. Bullying is just teasing. | T | F |
| 2. Some people deserve to be bullied. | T | F |
| 3. Only boys are bullies. | T | F |
| 4. People who complain about bullies are babies. | T | F |
| 5. Bullying is a normal part of growing up. | T | F |
| 6. Bullies will go away if you ignore them. | T | F |
| 7. All bullies have low self-esteem.
That's why they pick on other people. | T | F |
| 8. It's tattling to tell an adult when you're being bullied. | T | F |
| 9. The best way to deal with a bully is by
fighting or trying to get even. | T | F |
| 10. People who are bullied might hurt for a while,
but they'll get over it. | T | F |

NO BULLIES
Answers to True or False

1. **Bullying is just teasing.** FALSE
Bullying is much more than teasing. While many bullies tease, others use violence, intimidation, and other tactics. Sometimes teasing can be fun; bullying *always* hurts.
2. **Some people deserve to be bullied.** FALSE
No one ever deserves to be bullied. No one "asks for it." Most bullies tease people who are "different" in some way. Being different is not a reason to be bullied.
3. **Only boys are bullies.** FALSE
It seems that most bullies are boys, but girls can be bullies, too.
4. **People who complain about bullies are babies.** FALSE
People who complain about bullies are standing up for their right not to be bullied. They're more grown-up than the bullies are.
5. **Bullying is a normal part of growing up.** FALSE
Getting teased, picked on, pushed around, threatened, harassed, insulted, hurt, and abused is *not* normal. Plus if you *think* it's normal, you're less likely to say or do anything about it, which gives bullies the green light to keep bullying.
6. **Bullies will go away if you ignore them.** TRUE and FALSE
Some bullies might go away. But others will get angry and keep bullying until they get a reaction. That's what they want.
7. **All bullies have low self-esteem. That's why they pick on other people.** FALSE
Some bullies have *high* self-esteem. They feel good about themselves, and picking on other people makes them feel even better. Most of the time, bullying isn't about high or low self-esteem. It's about having power over other people.
8. **It's tattling to tell an adult when you're being bullied.** FALSE
It's smart to tell an adult who can help you do something about the bullying. It's also smart to tell an adult if you see someone else being bullied.
9. **The best way to deal with a bully is by fighting or trying to get even.** FALSE
If you fight with a bully, you might get hurt (and hurt someone else). Plus you might get into trouble for fighting. If you try to get even, you're acting the same as the bully. And the bully might come after you again to get even with *you*. Either way only makes things worse.
10. **People who are bullied might hurt for a while, but they'll get over it.** FALSE
Bullying hurts for a long time. Some kids have dropped out of school because of bullying. Some became so sad, desperate, afraid, and hopeless that they committed suicide. Many adults can remember times when they were bullied as children. People don't "get over" being bullied.



Girl Scout NO BULLIES Pledge

1. We won't bully others.
2. We will help girls who are being bullied.
3. We will include girls who are left out.
4. We will report any bullying we know about or see.

Signed: _____

Date: _____

Troop Number: _____

**GIRL SCOUTS – DIAMONDS OF ARKANSAS, OKLAHOMA AND TEXAS
"NO BULLIES" PATCH ORDER**

Our troop has completed all the requirements to earn the "No Bullies" patch. Please list below the activities your troop completed.

Council Name _____ Troop No. _____ Level _____

Troop Leader _____

Address _____ City _____ Zip _____

Date Completed _____ Service Unit _____

of Patches _____ x \$1.25 ea. = \$ _____

if you would like patches mailed to you please include \$1.50 postage

Mail to: Girl Scouts – Diamonds of Arkansas, Oklahoma and Texas
Jonesboro Regional Service Center
4803 East Johnson Ave.
Jonesboro, AR 72401